

Goal Setting

Peter Trask

Sport Psychologist

MAPS. MAppPsych

ptrask@gmt-psychology.com

www.gmt-psychology.com

Tel: (03) 5444 2955

Mobile: 0400 177 671



Introduction: Sport Psychology

Being a Champion - Dealing with Each Area

Physical, Technical, Tactical, Technology and Psychological

Performance Psychology Focus:



Being Positive - Performance Benefits

Less Positive

- ◆ Anxiety
- ◆ Distractions
- ◆ Fear
- ◆ Focused on failure
- ◆ Disappointments
- ◆ Confusion
- ◆ Stress
- ◆ Anger

More Positive

- ◆ Focused on success
- ◆ Motivation
- ◆ Improvement
- ◆ Confidence
- ◆ Relaxed
- ◆ Rewards
- ◆ Enjoyment
- ◆ Healthy
- ◆ Friendships and support
- ◆ Special experiences

Why Not Be Positive?

You can see opportunities, or you can see threats - it's your choice.

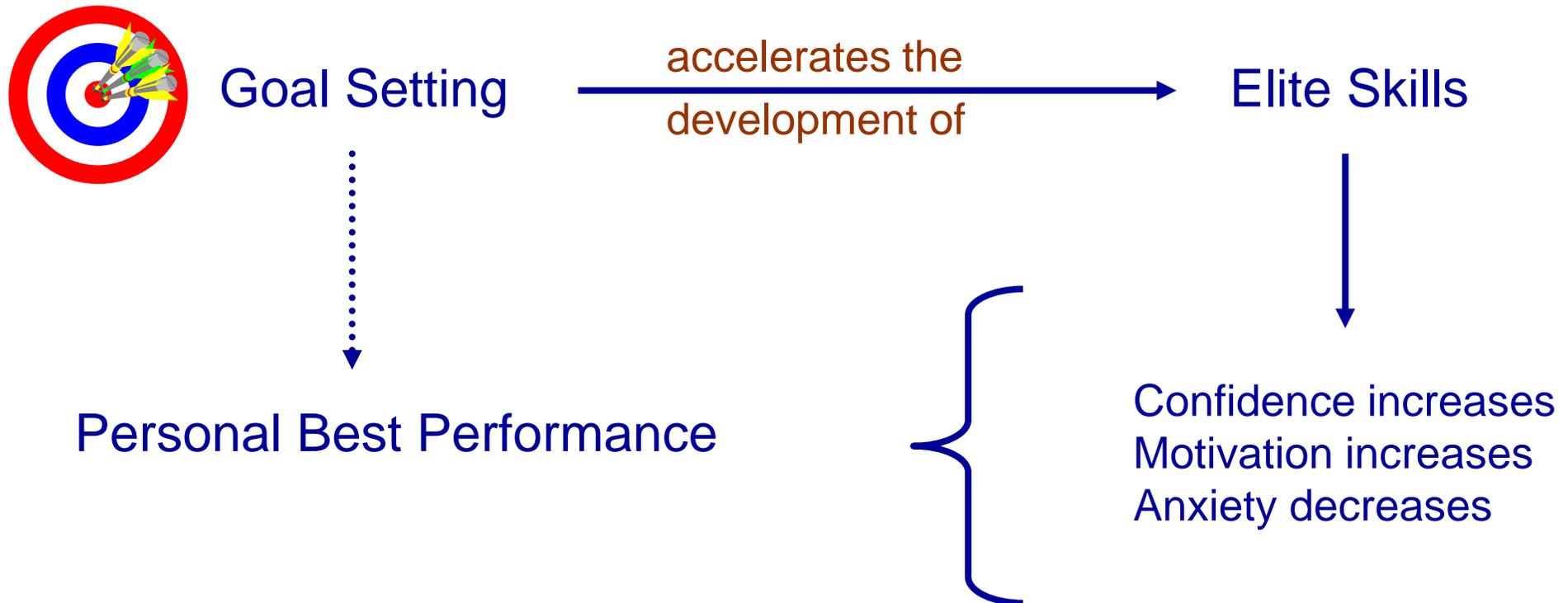
See mistakes not as failure but as opportunities to learn.

Mental toughness is about staying positive no matter what ... how tough are you?

Remember, whether you believe you can do it, or believe you can't, you're probably right!.

Goal Setting: Why Bother?

- ◆ Directs performer's attention and action (priorities)
- ◆ Mobilises their effort (getting underway)
- ◆ Prolongs effort and increases persistence (good habits)
- ◆ Develops new learning strategies (flexibility)



Types of Goals

- ◆ Short, medium and long term goals.
- ◆ Individual and team goals.
- ◆ Training, competition and career goals.
- ◆ Coach driven and athlete driven goals.
- ◆ **Outcome** goals: Long term, general, success focused.
- ◆ **Performance** goals: Medium term, related to performance, eg. improve my PB time by 2 seconds by end of 2007.
- ◆ **Process** goals: Short to medium term, eg. strength and conditioning, flexibility, practise mental rehearsal, nutrition

See extra handout for examples

Goal Setting - The **SMARTER** Model

- ◆ **S**pecific - not vague or too general
- ◆ **M**easurable - keep on track, know when complete
- ◆ **A**ffirmative - instructive, in positive language
- ◆ **R**ealistic - should be a stretch but is achievable
- ◆ **T**ime bound / **T**arget date - time when goal is reviewed, revised or achieved
- ◆ **E**valuate - assess progress of all goals at target dates
- ◆ **R**eview / **R**evise / **R**eward - modify or reset process goals, as required, or celebrate achievement of performance or outcome goals

If in doubt, remember to **KIS** (Keep It Simple)

Goal Setting - Problems to Avoid



- ◆ Too many goals too soon. (Prioritise and life balance!)
- ◆ Not recognising individual differences. (Diversity)
- ◆ Too general. (What do they really mean?).
- ◆ Failing to change unrealistic goals (Cut your losses!)
- ◆ Too outcome focused (Why limit yourself to winning?)
- ◆ Underestimating time to organise (hence KIS)
- ◆ Technique focus only. Goals set are too narrow.
- ◆ Lack of supportive environment. (Coaches please note!)

Final Thoughts

- ◆ Great works are performed not by strength but by perseverance.
- ◆ When you stop being better you stop being good.
- ◆ The only place where success comes before work is in the dictionary.
- ◆ If you continue to do what you have always done, you will continue to get what you have always got.
- ◆ Ain't no chance if you don't take it.
- ◆ It's so hard when I have to, and so easy when I want to.
- ◆ A wise person will make more opportunities than they find.
- ◆ Some say it's lucky when you have the courage to respond positively to an opportunity when it presents itself. You know better!
- ◆ Luck is when preparation meets opportunity.